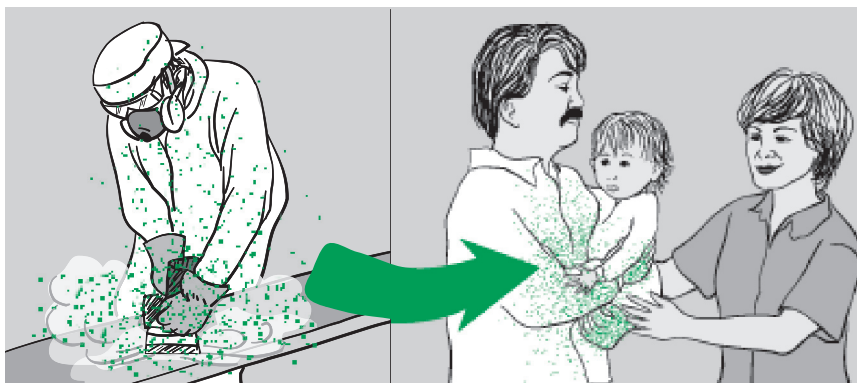


# *Don't take **lead** home from your job!*

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## ■ Can lead from work harm my family?

Yes. Your child can get lead poisoning if you or someone who lives in your home works with lead.



Some kinds of work make lead dust or fumes. You cannot see lead dust, but it can get on your hands, face, and clothes. You take lead dust from your job to your family when you wear your work clothes and shoes home. Lead dust can get in your car. It can get on furniture, floors, and carpets. Your child can swallow this lead dust and be poisoned.



Children who swallow lead dust may have problems learning and paying attention. Lead can harm the brain, nerves and kidneys. Lead is even more dangerous for children under the age of six.

Most children with lead poisoning do not look or act sick.

Ask your doctor to test your child's blood for lead. This is the only way to know if your child is being lead poisoned.

## ■ How can I protect myself and my family from lead poisoning?



Change into clean clothes and shoes at work before you get into your car or go home. Put dirty work clothes and shoes in a plastic bag.



Wash your face and hands with soap and warm water before leaving work.



Take a shower and wash your hair as soon as you get home. (It is better to shower at work if you can).



Wash work clothes separately from all other clothes. Empty your work clothes from the plastic bag directly into the washing machine and wash them. Run the empty washing machine again to rinse out the lead. (It is better if your employer washes the work clothes).

## ■ How do I know if I work with lead?

You may work with lead if you:

- ▶ remove old paint
- ▶ tear down or remodel houses, buildings, tanks, or bridges
- ▶ work at a shooting range
- ▶ solder pipes
- ▶ make or fix radiators
- ▶ melt, cast, or grind lead, brass, or bronze
- ▶ make or paint ceramics
- ▶ work with scrap metal



If you not sure if you work with lead, ask your employer. The law says that your employer must tell you about anything at work which is dangerous, including lead.

## ■ What should I do to protect my health?

- Ask if there is a regular blood lead testing program at work. If not, contact your doctor to get a blood lead test. Adults who are lead poisoned may feel tired, irritable, or get aches and pains. They may also have serious health problems without knowing it.
- Get the Material Safety Data Sheet (MSDS) for each product you use on the job. An MSDS is a form which lists the ingredients in a product. Your employer must give you the MSDS if you ask for it. Look at "Section II" of the MSDS to see if the product contains lead.
- Ask to see the results of any tests that are done for lead in your work area. You are exposed to lead when you scrape, blast, sand, burn, weld, or cut on surfaces where there is lead paint. Your employer should test these surfaces before you work on them to see if they contain lead. You have a right to see the results of the tests.

## ■ What are my employer's responsibilities to my health?



- ▶ Your employer must follow special laws to protect you from lead poisoning.
- ▶ To find out more about these laws talk to your employer or your union representative. Or call the Occupational Disease Registry at 207-287-5378.

## ■ Where can I learn more about lead?

### Occupational Health Information

Maine Occupational Disease Registry  
207-287-5378 or 207-287-8066 (TTY)

### Lead and your family

Maine Childhood Lead Poisoning Prevention Program  
207-287-4311 or 207-287-8066 (TTY)

### To report concerns about lead on the job

Maine Occupational Safety and Health Administration (OSHA) offices  
Augusta: 207-626-9160  
Bangor: 207-941-8177

### General lead information

National Safety Council  
<http://www.nsc.org/issues/lead>

National Lead Information Center  
1-800-424-LEAD  
[www.epa.gov/lead](http://www.epa.gov/lead)

National Institute for Occupational Safety and Health (NIOSH)  
1-800-356-4674

Occupational Safety and Health Administration (OSHA)  
[www.osha.gov/SLTC/lead](http://www.osha.gov/SLTC/lead)

### Free workplace safety consultations

SafetyWorks! Program at the Maine Department of Labor  
1-877-723-3345

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Adapted from:  
The California Occupational Lead Poisoning Prevention Program  
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OCCUPATIONAL DISEASE REGISTRY  
MAINE CENTER FOR DISEASE CONTROL AND PREVENTION  
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